



Soldiers from Co. B, 2nd Bn., 27th Inf. Regt., begin a patrol to search for opposing forces. The opposition was free to use its own tactics, making the training more challenging.

2-27th Inf. companies have No Fear at KTA

Exercise is a ‘gut check’

Story and photos by
SGT. BRIAN ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

KAHUKU TRAINING AREA — Soldiers from 2nd Battalion, 27th Infantry Regiment, conducted company level training operations during their “No Fear War” at Kahuku Military Training Area, Aug. 25-28.

The training scenarios were designed to refresh basics like creating fighting positions, sending out small patrols and conducting search and attack operations.

“This training is meant be a gut check for these commanders and their Soldiers,” said Command Sgt. Maj. Tony Tuck, senior enlisted leader, 2-27th Inf. Regt.

The journey began for each company when the unit was airlifted into KTA during the dark of night. Once on the ground, Soldiers began a foot movement across the rigid terrain to a designated location.

“The goal for these guys is to have their area of operation set up before the sun comes up,” said Tuck. “In the old days, this type of movement was known as the movement to light.”

As soon as the Soldiers were set up, commanders sent out patrols to find a known enemy in the area that was attacking their supply sources.

“The training is what we call ‘free play’ method.



Spc. Edrick Hid, Co. B, 2nd Bn., 27th Inf. Regt., scans his sector of fire from his look-out position during the Operation “No Fear War” exercise.

Each commander is given a mission, and it is up to them how they complete their tasks,” said Capt. Zack Long, tactical operations center (TOC) battle captain, 2-27th Inf. Regt.

Each company had roughly 72 hours to find and destroy the enemy. In order to accomplish that, it used its choice of multiple enablers. Companies could request Explosive Ordnance Disposal in the event they found an improvised explosive device, or IED, during the scenario. Units could call in helicopters to fly overhead and relay back enemy positions. They also had to coordinate with their TOCs to schedule tactical resupply missions to make ensure the Soldiers had

“The training is what we call ‘free play’ method. Each commander is given a mission and it is up to them how they complete their tasks.”

— **Capt. Zack Long**
TOC battle captain, 2-27th Inf. Regt.

enough water and ammunition in order to keep up the fight.

The opposing forces also acted on their own accord. Unlike most training where leaders know when attacks will happen, no one knew exactly when they’d face enemy engagements.

After the missions were complete and all enemy targets eliminated, company commanders got the call to move their Soldiers to the extraction point and return home.

According to Tuck, the training is just a precursor to what the Soldiers will face when they travel to the Joint Readiness Training Center (JRTC), next year.

“This training will give each company a good look at what they need to fix before they head off to JRTC next year,” said Tuck.

Vietnam veteran receives overdue awards

Story and photo by
MAJ. KARI MCEWEN
2nd Stryker Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — A Bronze Star with “V” device and the Purple Heart were awarded to Vietnam veteran Robert Cox, Aug. 30, for actions that took place more than 40 years ago.

Rep. Tulsi Gabbard presented Cox with the decorations at a ceremony by the 25th Infantry Division Memorial, hosted by Lt. Col. James Tuite, commander, 1st Battalion, 21st Inf. Regiment, 2nd Stryker Brigade Combat Team.

The memorial depicts a Soldier from the Vietnam War, holding out his hand in a gesture of support and empathy toward the Soldier of today.

“It gives me and the Gimlets great honor to reverse this image only for a moment, to raise our hand in support of you, to thank you for your service and for bearing the struggles that you have borne for 44 years that have allowed us to become what we are today,” Tuite said.

Sgt. Robert Cox served as a squad leader in the 4th Bn., 21st Inf. Regt., during a combat tour in Vietnam, September 1968-September 1969. He received the Bronze Star with “V” device on March 4, 1969, when his firebase perimeter was breached by enemy Soldiers who were attempting to gain access to the command post.

Cox, on radio watch, engaged the enemy from the command post bunker, and then, exposing himself to hostile fire to protect his vital position, fired his weapon at an enemy soldier preventing him from throwing a satchel charge.

On Feb.18, 1969, Cox was on patrol when his platoon medic stepped on a “bouncing betty” antipersonnel mine, killing his platoon’s medic and wounding several mem-



Congresswoman Tulsi Gabbard (left) congratulates Robert Cox, who served with the 4th Bn., 21st Inf. Regt., in Vietnam, from September 1968-September 1969, following a ceremony, Aug. 30, during which Gabbard awarded the veteran the bronze star with “V” device and the Purple Heart.

bers. Cox suffered a shrapnel wound, received treatment and was returned to duty.

At a recent doctor’s visit, Cox learned he still has shrapnel embedded in his body from his time in combat.

Cox was never formally presented with an award until the ceremony, Aug. 30, 2013.

There is a process for Soldiers who believe they meet the criteria for the Purple Heart to request the award. It is the only decoration that does not require a recommendation, and the only decoration that may be awarded more

than three years after the incident.

“To be able to provide this recognition and be a part of this so many years later is something that we will continue to do for you and your brothers and sisters who served in Vietnam,” said Gabbard before presenting the awards.

The congresswoman, also a veteran, is currently a captain, Military Police, in the Hawaii Army National Guard, with two tours served downrange in support of Operation Iraqi Freedom.

Digital town hall to offer direct communication

LACEY JUSTINGER
U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD — Army Hawaii’s Soldiers and families are invited to participate in the upcoming Facebook Town Hall, 1-2:30 p.m., Sept. 11, to get answers for community-wide concerns.

“U.S. Army Garrison-Hawaii is committed to supporting every Soldier and family member with a standard of excellence,” said Col. Daniel Whitney, commander, USAG-HI. “These town halls provide ground-level insight into community concerns.”

To improve the timeliness of having a concern addressed during the 90-minute event, participants should post a question or comment now, instead of during the town hall, so that the topic isn’t at the back of the line.

All original comments posted before or during the town hall will be answered, if not during the event, in the days following.

Garrison subject matter experts will first respond to concerns that impact the entire installation or community during the hour-and-a-half time frame.

“Providing quality support, programs and services to Soldiers and families is one of the most rewarding experiences,” said Howard Johnston, the garrison’s new deputy.





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Progress noted in suicide prevention effort

TERRI MOON CRONK
American Forces Press Service

WASHINGTON — Making sure people know where to turn for help during a time of crisis is the continuing goal of the Defense Department’s suicide prevention program, the Pentagon official in charge of the effort said, Aug. 30.

In an interview with American Forces

Press Service and the Pentagon Channel, Jacqueline Garrick, acting director, Defense Suicide Prevention Office, said DOD has a “plethora” of resources that are specific to service members and their families who have thoughts of suicide.

And while numbers are pending, Garrick said, DOD is “seeing a decrease in the number of suicides in the depart-

ment overall.”

Senior Pentagon leaders have worked diligently for several years to erase the stigma of seeking help for mental health issues, and it appears to be paying off, she added.

“We’re seeing more people access help through the Military Crisis Line, and an increase in users for mental health (help) across the department,” she said.

Those are good signs that DOD’s messages are reaching the people who need help, she added, and that they’re taking advantage of the resources the department offers.

The message that seeking help is a sign of strength has resonated from the top down throughout the Defense Department, Garrick said, noting that Defense Secretary Chuck Hagel and Army Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, have sent that message repeatedly.

President Barack Obama also made that point at Fort Hood, last year, when he announced an executive order to improve access to mental health care for service members, veterans and military families, Garrick said.

“So that message is resonating throughout the services, in our civilian and military forces,” she added.

“Family members often don’t think those resources are there for their needs, so we want to encourage them (to use the resources that are available),” Garrick said. “If family members are depressed, stressed or feeling suicidal, we want them to get help for themselves, as well as for their loved ones.”



September is National Suicide Prevention Month; however, the effort is year-round. Above, the Vice Chief of Staff of the Army, Gen. John Campbell, briefs staffers at the new Headquarters Department of the Army at the Pentagon. (Photo by C. Todd Lopez)

National Suicide Prevention Month

In keeping with the theme, “It’s Your Call,” all service members, their families and friends should be aware of the Military Crisis Line, an immediate source of help that’s confidential and anonymous. Trained counselors are available 24 hours a day, seven days a week at 1-800-273-8255.

In addition to the crisis phone line, help is also available through the Military Crisis Line’s website at www.militarycrisisline.net, with access to counselors in person and through online chats and text messaging.

Additionally, DOD’s suicide outreach website, at www.suicideoutreach.org, has a family guide that offers steps to take when someone is in crisis. It lists at-risk behaviors and other symptoms of a person who is potentially suicidal.

Family members also can use these resources to find help for themselves if they feel they’re feeling suicidal.

Research shows that treatment is successful when it’s given a chance, Garrick said.

“It does make a difference, and the resources are designed specifically to support service members who are deployed, those who have not deployed,

See AFPS A-4

Knowing trouble indicators can help save lives

We must watch signs

MYLINDA MORRIS

Army Substance Abuse Program
Directorate of Human Resources
U.S. Army Garrison-Hawaii

The theme for this year’s Suicide Prevention Month is “Shoulder to Shoulder: Standing Ready and Resilient.”

I’ve been the suicide prevention program manager for about three years, and I’ve heard many stories about the impact of suicide attempts and deaths and questions about why they happen at all.

It truly saddens me every time I learn that another member of our community has gotten to that point. We need to pay attention. We need to understand that, while we cannot always prevent every death, there’s a reason people get to the point of hopelessness and despair.

The pain people feel may not be visible. We may not, and need not, completely understand it. We need to listen up and be ready to help.

I’m discouraged when I hear of leaders and co-workers who think and say aloud that their troubled Soldiers are “weak” or “dirt bags.” The Army isn’t for everyone, and the current atmosphere is perceived by many as a zero tolerance for mistakes environment.

However, humans do make mistakes and learn from them. Doesn’t everyone deserve to be treated with dignity and respect in that process?

The comments I hear don’t come just from Soldiers. I hear them from many sources. It’s very troubling because leadership is supposed to lead by example. Co-workers are supposed to be acting as battle buddies.

So, what are the messages the trou-



The signs

Suicide is a complex issue. There usually isn’t a single cause. The most common denominator locally seems to be failed relationships.

If you know someone struggling with a break-up or divorce, or a difficult family or work situation, pay attention. How is that person coping with it? Is he drinking more alcohol, taking more risks or using drugs?

Is he missing appointments or formations? Is he in the process of being chaptered or nonjudicial punishment or reprimand? These are all important indicators of trouble.

Suicide has been correlated to behavioral health issues, including post-traumatic stress, depression, serious medical issues and traumatic brain injury.

See ASAP A-4

BACKTObASICS

Leaders need to avoid fraternization with subordinates

SGT. MAJ. OSVALDO PONZO
Tripler Army Medical Center

Fraternization is a problem in our Army.

Gen. Raymond Odierno, Army Chief of Staff, recently communicated with the entire Army about the gravity of it.

In his letter, Odierno outlined some examples of misconduct, but more importantly, he reminded us of his expectations and re-emphasized the need for professional behavior.

A personal belief I strive to live by is, “It’s all about the profession (Army) and being professional.” This belief has served me well in the past.

I think that it is important to know enough about our Soldiers that we can determine when they might need assistance, motivation or to be challenged in their development.

I interact with my troops, getting to know them as best as I can, while letting them be secure in the fact that this information request is for the purpose of team building. And they should be com-

fortable sharing with me. I am lucky in that I have great Soldiers who do just that.

There is a line that I, and other leaders, should not cross when getting to know their subordi-

nates: creating undue familiarity. Undue familiarity can occur when Soldiers of different ranks/leadership roles become overly comfortable with each other, such that it creates a lack of discipline or disrespect of rank differences.

You’ve seen or heard of this situation before: mid-grade leaders, such as staff sergeants who associate with specialists (and below) during off duty hours or parties or get-togethers that consist of co-workers of various ranks in which alcohol is served. Scenarios abound.



Ponzo

Undue familiarity may lead to favoritism (or the perception) of some subordinates over others. This effect in itself is divisive and detrimental to effective leadership. It’s not professional behavior.

A leader needs to know his Soldiers well enough so that team building can begin. He also has to know them so he can take care of their professional needs, and when needed, personal/family needs (indebtness, adjustment issues, behavioral health, etc.).

I don’t believe that every leader needs to know everything about his Soldiers, that undue familiarity can lead a weak leader down a slippery slope that ends in fraternization.

Watch the news to see recent incidences of fraternization and misconduct. Of higher profile are the incidences involving very senior-level Army leaders. When the story is expanded upon, you see that in many cases this action resulted from undue familiarity.

Ask yourself, why did that senior lead-

er need to be so informal and comfortable around that young Soldier? Where were the other leaders who observed this improper behavior and didn’t interject? Why did no one stop them?

At Tripler Army Medical Center, we conduct frequent in-services, junior enlisted and noncommissioned officer professional development and other mentorship events to re-emphasize the Army Values, NCO Creed, Officers’ Creed and other Army ethic-centric topics. We discuss standards and discipline to minimize improper conduct among our staff.

Leadership is engaged in teaching, mentoring and enforcing standards. Leaders discipline when needed. They are professionals.

Know your Soldiers to enhance team building so that we can accomplish the Army mission. Know them so they trust you and will come to you when they need to for assistance. Know them so they recognize that you care.

Remember that it’s all about the profession and being professional.

Voices of Ohana

September is National Suicide Prevention Month

“How do you help friends if they are feeling down?”

Photos by 500th Military Intelligence Brigade Public Affairs



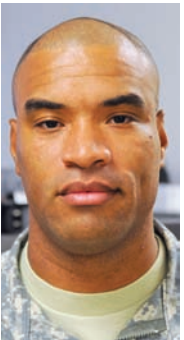
“I would take them out and try to do something fun to take their mind off what is going on.”

Pvt. Mia Clarke
Signals intelligence analyst, HHB, 205th MI Bn., 500th MI Bde.



“Just talk to them.”

Spc. Maxi Cortez
Human intelligence collector, Co. C, 205th MI Bn., 500th MI Bde.



“When friends are feeling down, I would invite them to a movie or a place to eat.”

Sgt. Ricky Duff
Human intelligence collector, 205th MI Bn., 500th MI Bde.



“I would sit down with my friend and talk with her, to try to cheer her up.”

Spc. Latoya Michelle Moon
HR specialist, 205th MI Bn., 500th MI Bde.



“Take my friend out for a drive around the island or out for lunch.”

Sgt. Steven Saunders
Human intelligence collector, 205th MI Bn., 500th MI Bde.

Womens’ ‘signals’ still need to be heard today

LIN CLARK MILLER
516th Signal Brigade
311th Signal Command (Theater)

HELEMANO MILITARY RESERVATION — Ninety-three years after the 19th Amendment to the Constitution granted women the right to vote, a jointly-sponsored Women’s Equality Day observance, “Celebrating Women’s Right to Vote,” was held by 311th Signal Command (Theater) and 516th Sig. Brigade, Aug. 28.

Some of the approximately 100 observance attendees maintained that being heard takes vigilance.

Event narrator Sgt. 1st Class Connie Miller, communications security custodian, 516th Sig Bde., issued a call to women everywhere not to waste the efforts of those who fought for women’s rights, and to be consistent about exercising their suffrage.

“There’s still work to be done, so the only way to make it happen is to vote,” Miller said. “I don’t want people to let the efforts of those people who have gone on before us to go in vain. For all women, they should get out there and vote; vote for school board officials, local officials as well as state and federal officials.”

Lt. Col. Dianna Terpin, commander, 715th Military Intelligence Battalion, 500th MI Bde., expanded on Miller’s sentiment, adding, “Ultimately, women’s equality is an educational process, but it’s also a celebration for those who have paved the way.”

Terpin went on to address the relevance of the observance theme on women in the military, specifically.

“(Women are) in a lot of leadership positions in the military, as well as outside of the military,” she said. “In my organization, more than 25 percent are female, which is very unusual. I have 570 Soldiers in my battalion, and I have about 170 female Soldiers. I have women in leadership roles. Knowing that they are empowered to take on those leadership roles and to strive for excellence is important.”

She also shared an example of how one woman in her battalion excelled physically.

“We talk about physical differences. We did our battalion challenge for noncommissioned officer of the year,” Terpin said. “My female NCO beat all of the males on the ruck march, all carrying 40 percent of their body weight. She’s the smallest of all of them and beat all of them.”

The observance proved an exceptional learning experience for many of the male Soldiers,

who comprised about 70 percent of the audience, according to Master Sgt. Fredrick Lee Jr., Equal Opportunity advisor, 516th Sig. Bde.

“It was a very eye-opening experience for many of us,” he said. “It was very, very wonderful to hear the guest speaker talk about what women have gone through historically. And a lot of us hadn’t thought about and appreciated some of the trials and tribulations that the fe-



Sgt. 1st Class Connie Miller, communications security custodian, 516th Sig. Bde., narrates the Women’s Equality Day observance at Helemano Military Reservation Chapel, Aug. 28. She issued a call to women not to waste the efforts of those who fought for women’s rights, and to be consistent about exercising their suffrage. (Photo by Sgt. Dalisha Abshire, 307th Signal Battalion, 311th Sig. Command (Theater))

male Soldiers have to go through, (particularly) in combat units.”

Sgt. Maj. Tara Bryan, senior enlisted leader, 516th Sig. Bde. operations, served as the guest speaker for the Equal Opportunity/Equal Employment Opportunity Hawaii event. She presented the gathering at the HMR Chapel with a historical perspective and enriching, significant first-hand accounts of her own personal experiences as a woman and a single parent.

Emphasizing that even after nearly 100 years, important changes can be affected by voting, Miller said, “Women’s equality and women’s suffrage movements mean that we have a chance to make things change.”

(Editor’s note: Miller is the 516th Sig. Bde. unit public affairs representative.)

FBTH: Event follows Army values

CONTINUED FROM A-1

All questions or concerns should be shared on the separate “Event” page at www.facebook.com/usahawaii. Comments typed on the wall or in a direct message will not be addressed during the town hall.

Virtual attendees should review the posting policy located under the “About” tab before participating. Comments that include swearing or comments that are personal attacks, racist, obscene or abusive will be removed, and the user may be banned from the page.

“We all need to conduct ourselves according to the Army values at all times,” said Command Sgt. Maj. Phillip Brunwald, senior enlisted leader for the garrison. “Facebook posts should be as respectful as if you were addressing someone face-to-face.”

Participants are urged to be patient, as subject matter experts take the time to ensure they fully understand the concern before posting a complete and concise response.

Due to the interest in having town halls con-

ducted in-person, this virtual gathering will be the last digital town hall held this year. Next quarter’s town hall will be conducted live to give everyone the opportunity to express his or her concerns within a venue each is most comfortable in.

Posting Tips

- Post your query in the days and hours prior to the live event before the page gets extremely active.

- Don’t repost your question. This process doesn’t help it get answered faster. All original comments posted before or during the town hall will be answered in a couple days.

- Can’t see your post? Refresh the page. No comments are deleted unless they violate the posting policy.

- Include as much detail as possible, including items like the neighborhood, street and intersection, if applicable.



Chief Warrant Officer 2 Allison Morgan (left), UH-60 pilot, Co. C, 3rd Bn., 25th Avn. Regt., 25th CAB, 25th ID, shares her Army experiences with fellow female aviators from the Navy, Air Force and Marines and with a crowd of attendees during the 7th annual Distinctive Women in Hawaiian History Program, held at the Hawaii Convention Center, Aug. 25.

25th CAB pilots, others speak on women in history

Story and photo by
SGT. DANIEL SCHROEDER
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

HONOLULU — Two 25th Combat Aviation Brigade female aviators shared their Army experiences during the 7th Annual Distinctive Women in Hawaiian History Program, here, Aug. 25.

“By bringing in female pilots, we can show the life of the legacy going strong today and make a visible connection to the audience.”

— **Stacy Skipworth**
WASP presentation coordinator for the Distinctive Women in Hawaiian History Program

The aviators spoke about their military experiences as part of the legacy of the Women Airforce Service Pilots (WASPs), who, during World War II, were the first women in history trained to fly American military aircraft.

“It was really an honor to speak at this,” said Chief Warrant Officer 2 Allison Morgan, UH-60 Black Hawk pilot, Company C, 3rd Battalion, 25th Avn. Regiment. “This is a tremendous legacy that we female pilots are a part of. I am really proud to be a part of this legacy and event.”

The WASP legacy began August, 1943, when the Women’s Flying Training Detachment and Women’s Auxiliary Ferrying Squadron merged, allowing civilian female pilots to fly military aircraft under the direction of the U.S. Army Air Forces during World War II.

“By bringing in female pilots, we can show the life of the legacy going strong today and make a visible connection to the audience,”

said Stacy Skipworth, WASP presentation coordinator for the Distinctive Women in Hawaiian History Program.

“We wanted to bridge the gap between the local community and military community ... who has been impacted in Hawaii by the influence of women ... and that has to include the military.”

In addition to the event on Aug. 25, a forum was held at the Kamehameha Schools-Kapalama Campus, Aug. 22.

“I think having the military speak in this program made the WASP lecture the most important lesson of the day for most people,” Skipworth said. “This shows the impact of history and how it makes strides and improves the lives of future generations.”

The theme of this year’s conference was “Women of World War II Hawaii, an Era of Change.”

“I read a little bit about WASP before I joined the Army, so I was aware of the legacy I would be continuing,” said Morgan.


Morgan said she was inspired by the women who came before her and who faced the challenges of friction and stereotypes. What they experienced allows her to do her job without those issues today.

“For me, the pride of knowing I have dedicated service members who genuinely want to serve their country was felt by the whole audience,” said Skipworth.

This year is the first that military have been invited to speak during the forum. A female pilot from the Army, Air Force, Navy and Marines shared their experiences during each WASP lecture.

“The reaction of the crowd was very heartwarming,” said Morgan. “Everyone had interesting and intelligent questions, and we were received very well.”

The female aviator portion of the WASP speech ended with a standing ovation from the crowd.



National Suicide Prevention Week, World Suicide Prevention Day
and Army Suicide Prevention Month 2013

Shoulder to Shoulder: Standing Ready and Resilient

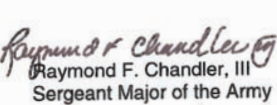
The United States Army remains the strength of our Nation and has demonstrated remarkable skill and professionalism over the past 12 years of combat operations. Nevertheless, the stress of military service, the resulting strain placed on relationships and Families, and injuries and illnesses suffered by some have challenged our resiliency. Individual responses to these challenges are often manifested as risk behaviors which sometimes may include suicide.

As a part of the ongoing Ready and Resilient Campaign, we are committed to cultivating a healthy and supportive climate to mitigate the possibility that our Army team members will consider suicide as an option in response to stress or adversity. When we see indicators suggesting that our battle buddies are at risk, we must have the courage to intervene in a compassionate and responsible way. Leaders at all levels must underscore the importance of awareness, education and training as a way to increase the resiliency and strength of our Soldiers, Civilians and Families.

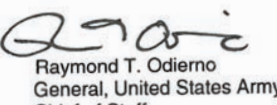
This September, in support of the Ready and Resilient Campaign outcomes, leaders across the Army should assess their units and engage in events and training designed to promote resiliency through education and awareness activities. These activities will include training in Comprehensive Soldier and Family Fitness; suicide prevention, assessments and intervention techniques; and activities that support stigma reduction. Active leadership involvement is critical to campaign success. We must leverage military and community resources to build individual resilience, strengthen Army professionals and sustain unit readiness while preserving lives.

Suicide impacts the entire Army community. We urge all Soldiers, Civilians and Families to work together to prevent suicide and to enhance individual and collective resilience and readiness through strong training programs. Our strength is at its greatest when we operate as a team.

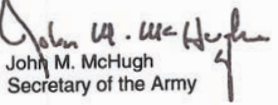
Army Strong!



Raymond F. Chandler, III
Sergeant Major of the Army



Raymond T. Odierno
General, United States Army
Chief of Staff



John M. McHugh
Secretary of the Army





Ask your buddy

- Have the courage to ask the question, but stay calm
- Ask the question directly, e.g., Are you thinking of killing yourself?

Care for your buddy

- Remove any means that could be used for self-injury
- Calmly control the situation; do not use force
- Actively listen to produce relief

Escort your buddy

- Never leave your buddy alone
- Escort to the chain of command, a Chaplain, a behavioral health professional, or a primary care provider

USARPINE <http://33pines.com/readyandresilient>
GTA 12-01-003 May 2008

U.S. Army Public Health Command
<http://phc.amedd.army.mil/>
National Suicide Prevention Lifeline:
1-800-273-8255
(TALK)



A key to preventing suicides is becoming aware of changes in a person’s actions. Ignoring problems only makes the situation worse. Multiple resources are available to help. (File photo)

AFPS: Personal resilience is paramount

CONTINUED FROM A-2

those with (post-traumatic stress disorder and traumatic brain injury), depression, substance abuse, financial problems and relationship problems,” she said.

“If you don’t get help, problems get worse, which can impact your career and your life overall,” she said. “It’s better to get help early and identify problems that are small, rather than wait until they get bigger, and then have things blow up and become more unmanageable.”

People with suicidal tendencies might need a break to “recap and recoup” their personal resilience and return to their regular schedules

when they are more mentally, physically, emotionally and spiritually fit to be more successful, Garrick said.

And fostering service members’ sense of personal resilience is paramount to DOD senior leaders and to those throughout the chain of command, she added.

Resources for help don’t end with DOD and the services, Garrick said, noting that Veterans Affairs also offers help.

“Our service members don’t stay with us forever,” she noted, adding that Pentagon officials want them to have a successful transfer to VA as they leave the military and become veterans. “We want them to embrace their veteran status and get the help they need.”

ASAP: Listening and providing feedback ensures understanding, concern

CONTINUED FROM A-2

We also know that adverse childhood experiences, such as domestic violence or childhood trauma, can be linked to suicide.

What to do?

Watch and listen. Watch for behaviors that include isolation, risk-taking, poor time management, poor hygiene, poor judgment or decision-making. We know that transitions are hard. Being new on post or in a new job can be stressful. Moving from one unit to another creates problems of fitting in, finding new friends and separation from already established friends. Listen when people talk. Hear more than just

24/7 resources

Call the National Suicide Prevention Lifeline at 800-273-8255.
Visit www.suicidology.org or www.suicidepreventionlifeline.org.

the words they use; also hear the context and feelings. Give feedback to determine whether you received the intended message.

Finally, we need to be able to talk.

●**Ask:** Be direct. We need to know what is at stake.

●**Care:** Listen and try to find out what the person needs. Is there a plan? When? How?

Resources

- Applied Suicide Intervention Skills Training (ASIST T2T) will be held Sept. 11-12. This two-day course for gatekeepers is open to Army-affiliated personnel who need to know how to intervene with someone who may be considering suicide. Call 655-9105 to register.
- American Foundation for Suicide Pre-

vention hosts an “Out of the Darkness” walk at Kaka’ako Waterfront Park, Honolulu, 9 a.m. To register, visit www.outofthedarkness.org.

●A presentation by Dr. Michelle Linn-Gust, past president of the American Association of Suicidology, originally scheduled for 9 a.m., Tuesday, at Schofield Barracks’ Sgt. Smith Theater, is postponed until November.

●**Escort:** Get your friend, co-worker or family member to someone that can help, such as the emergency room. Never leave them alone. When someone you know is troubled, help

them cope. We can teach and model resilience. Watch and listen carefully. Perceptions are real, whether based on fact or not. Our actions speak louder than our words.

Signal supports MAF, Khaan Quest 2013 in Mongolia

Multinational event sees 307th ESB secure comms for Peace Support Operations

**1ST LT. JOHN MAHAM AND
2ND LT. CHLOE CANAVAN**
307th Expeditionary Signal Battalion
311th Signal Command (Theater)

FIVE HILLS TRAINING AREA, Mongolia — With routers and plenty of net-working cable in hand, three Soldiers from the 307th Expeditionary Signal Battalion, 516th Sig. Brigade, arrived here to support Khaan Quest 2013 (KQ13), a multinational collaboration of more than a thousand military officers from nine nations.

The Signal Soldiers arrived early to help set up vital communications for this 10th iteration of KQ13, a Peace Support Operations exercise hosted annually by the Mongolian Armed Forces (MAF). U.S. Marine Forces-Pacific co-sponsored this year’s exercise in August.

Chief Warrant Officer 2 Gregory MacDonald, automations technician, along with Sgt. Spencer Tilove and Sgt. Ramon Rodriguez Garcia, both of Company B, 307th ESB, and U.S.



Sgt. Spencer Tilove (center), Co. B, 307th ESB, 516th Sig. Bde., 311th SC(T), instructs exercise participants on how to install RJ45 connectors on Category 5 cables during a class at Khaan Quest 2013. (Photo by Master Sgt. Carolyn Hogan, U.S. Army-Pacific)

Army-Pacific’s Master Sgt. Carolyn Hogan, spent about two weeks in Mongolia providing crucial communications support to the command post exercise (CPX) and conducting bilateral training for MAF.

“We supported command teams at the battalion and brigade level by providing Active Directory, SharePoint,

Adobe Connect, CISCO Call Manager, Microsoft Exchange services and Help Desk support,” said Rodríguez Garcia.

Joined by five Soldiers from the 1st Bn., 207th Aviation Regiment communications team, Alaska Army National Guard, the 307th ESB contingent significantly strengthened the Mongolian-led exercise by fielding more than 200

trouble tickets.

Together, the communications team was responsible for the installation, operation and maintenance of a CPX network, supporting more than 110 subscribers with 78 central processing units, 48 field phones and 13 voice-over-Internet protocol phones. They were also responsible for laying more than 3,500 feet of category 5 cable.

The exercise provided opportunities to build military-to-military relationships through training, team-building and collaborative problem solving. Also, this year the scenario involved troops facing civil unrest in a fictional country, followed by an earthquake. MAF took the reins, controlling the exercise, while U.S. forces provided support through coaching and mentoring.

To test their ability to solve complex security tasks while saving lives and preventing disruptions to military operations, participants engaged in intense team-building, staff training, and computer and communications systems instruction, while exchanging experiences on troop evaluations.

USARPAC and 307th ESB Soldiers worked directly with military personnel from Mongolia, the U.S., Australia, China, Germany, South Korea, Tajik-

istan, the United Kingdom and Vietnam.

The goal of the exercise was to save lives and prevent disruption to military operations. The nine countries involved in the exercise presented an opportunity to meet individuals from different places around the world. The potential for a broadened, global perspective was not wasted on the Soldiers, according to MacDonald.

“Both the U.S. and Mongolian soldiers benefited from the intense staff training and computer and communication systems instruction,” MacDonald said. “There were so many nations represented this year at KQ13, some as participants, others as observers. I’ve never been any place else where I had the opportunity to interact with officers from countries that are not our typical allies, like China and Vietnam. Khaan Quest provides a unique opportunity unlike any other exercise that I’ve been on.”

Aside from providing invaluable peacekeeping operations tactics, the multinational exercise provided an opportunity for Mongolia to showcase its strategic ties to the U.S. and NATO.

“We’re looking forward to participating in this exercise again next year,” MacDonald said.

Asia-Pacific Army leaders assemble in NZ for conference

**U.S. ARMY-PACIFIC
PUBLIC AFFAIRS**
News Release

Senior Army leaders from around the Asia-Pacific and Indian Ocean regions will meet in New Zealand next week for the eighth Pacific Armies Chiefs Conference (PACC) and the 37th Pacific Armies Management Seminar (PAMS).

Army chief of staff equivalents from approximately 27 countries will gather for PACC VIII, a biennial, multinational, executive defense forum.

This year’s conference is co-hosted by the chiefs of staff of the U.S. and New Zealand armies. PACC fosters military-to-military cooperation, de-

velops interpersonal relationships and contributes to regional dialogue and stability.

Concurrently, Army officers and security officials from approximately 32 nations in the Asia-Pacific and Indian Ocean region will meet in Auckland, New Zealand, for PAMS XXXVII. PAMS XXXVII is co-hosted by the U.S. Army-Pacific and the New Zealand Army.

The theme for both PACC VIII and PAMS XXXVII is “The Sum is Greater than the Parts: 21st Century Peace Operations in a United Nations Context.”

During PAMS, seminar participants will discuss topics that relate to this theme. They include “Advancing Unity of Effort in Peacekeeping Opera-

tions,” “The Challenges for Land Forces in Support of Peacekeeping Operations,” “Duty of Care: Our Greatest UN Contribution-Our People (The Peacekeepers)” and “The Future Peace Operations Space and Maximizing Land Forces Input.”

Providing welcome remarks for both PACC VIII and PAMS XXXVII, respectively, are Gen. Raymond Odierno, chief of staff, U.S. Army; Maj. Gen. David Gawn, chief of Army, New Zealand; Gen. Vincent Brooks, commander, USARPAC; and Brig. Pete Kelly, deputy chief of Army, New Zealand.

PAMS is a multinational military seminar that provides a forum for senior-level (lieutenant colonel to ma-

yor general, or national equivalent) of-ficers from the Asia-Pacific’s regional ground forces to exchange views and ideas. It is not only a forum to enhance understanding of the subjects studied, but it also provides an opportunity for the future leaders of the region’s armies to establish and cultivate a set of strong interpersonal relationships.

The long-term objective of both PACC and PAMS is to facilitate capacity building via information exchange and dialogue on theme and topics, to promote security cooperation in an atmosphere of trust and mutual respect, and to support the Army’s efforts in rebalance of the Asia-Pacific theater and reassuring regional allies and part



Gen. Raymond Odierno arrives at PAMS 2012, escorted by an Australian officer. (Photo by Staff Sgt. Teddy Wade)

ners, in the interest of national security of the U.S. Army’s commitment in the region .

Military, HIDOE foster partnership to build leaders

Story and photo by
SARAH PACHECO
Staff Writer

KAPOLEI — Legislators, senior military officials, educators, community leaders and other distinguished guests joined together inside The Salvation Army-Ray and Joan Kroc Corps Community Center, here, Aug. 29, to take part in the 12th annual Joint Venture Education Forum (JVEF).

JVEF is a partnership between Hawaii’s military community, public schools and other community organizations.

Initiated in 1998 by the late U.S. Sen. Daniel Inouye, in partnership with Adm. Dennis Blair, then-commander, U.S. Pacific Command, and former state superintendent of education Paul LeMahieu, the cooperative effort is charged with developing and fostering a committed, empowered and involved partnership between local military and public schools in the pursuit of quality education for students.

Since 2000, Hawaii public schools have benefited from \$58 million appropriated by the Department of Defense to fund programs and partnerships that promote quality education through teacher training, computers in the classrooms, facility upgrades and other initiatives.

This year’s forum, hosted by executive co-chairs Col. Jaimie Pease, director of manpower and personnel, USPACOM, and Kathryn Matayoshi, superintendent, Hawaii State Department of Education, focused on “Innovative Partnerships to Build Future Leaders,” a theme garrison leadership believes goes hand-in-hand with Army values.

“The most important thing is creating opportunities, and these partnerships show children an opportunity for their future and give them a way ahead. It gives them a goal that they can reach for,” said Howard Johnston, deputy garrison commander, U.S. Army Garrison-Hawaii.

“This is a great partnership here,” agreed Lt.



Men and women of the U.S. Armed Forces, as well as educators nad community members, stand in recognition of their role in enhancing education in Hawaii public schools throughout the past year during the 12th annual Joint Venture Education Forum at The Salvation Army-Ray and Joan Kroc Corps Community Center, Aug. 29.

Col. Kenneth Sanderson, executive officer, USAG-HI.

“(These partnerships) help children understand that the military is here as a support system and that the military believes that education is an important step in a person’s growth,” Sanderson explained. “As they see these professions of arms inside the school districts, then students aspire to be that top 1 percent of the population, and that’s teaching them selfless service, moral courage, ethics and values.”

During the event, presenters and guest speakers, which included state Rep. K. Mark Takai and U.S. Congresswoman Tammy Duckworth, all

spoke about the importance of the JVEF partnership and the continued need to promote understanding and support for military children and families within Hawaii’s public schools, despite ever-present challenges.

“Over the past 13 years, JVEF has built playgrounds, purchased textbooks, developed school transition centers, educated teachers and counselors on military culture and, most importantly, helped develop the next generation of future leaders,” said Duckworth, via a prerecorded message.

“It’s because of programs like JVEF that our nation’s future leaders will have the skills, dis-

cipline and integrity to move the nation forward,” Duckworth added. “It is inspiring to see so many individuals and organizations join together to make an enduring impact on Hawaii’s children.”

Jennifer Goto-Sabas, longtime chief of staff for Inouye, provided the keynote address, during which she highlighted the strides JVEF has made in recent years and how she knows the late senator would be proud of the direction the program is headed.

“The senator believed very, very strongly that Hawaii’s public school children, military and civilian, should be educated together ... because a community divided will be very difficult to bring back together, not only on education, but on a host of other issues important to both our military and civilian communities,” Goto-Sabas said, to the 300-plus attendees.

“He would be so pleased that you are back here again, working together on behalf of the children,” Goto-Sabas added. “You proved him right, that it really was never about the money, but instead, truly about the power of people working together to do something greater than themselves.”

JVEF concluded by recognizing the men and women of the armed forces, as well as educators and community members who have each played a role in enhancing the education and character of na keiki o ka aina (the children of Hawaii) throughout the past year.

“I had the good fortune of working for Dan Inouye for more than 25 years, and he instilled many, many lessons in all those who worked for him,” Goto-Sabas said. “He would often say that public service is indeed the most noble service and calling, and that the work that we do has a positive impact in the everyday lives of people.

“To all of you, you do exactly that every day as you support our children, the next generation of leaders,” Goto-Sabas stated, “and knowing that, the future is bright.”

USAG-HI’s own named Outstanding Military Contributor

Story and photo by
SARAH PACHECO
Staff Writer

KAPOLEI — A highlight of the annual Joint Venture Education Forum (JVEF) is the awarding of the prestigious Outstanding Military and Civilian Contributor commendation awards.

During this year’s ceremony, held at The Salvation Army-Ray and Joan Kroc Corps Community Center, here, Aug. 29, the title of Outstanding Military Contributor went to U.S. Army-Hawaii’s own Wendy Nakasone, director, School Support Services; Child, Youth and School Services; Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii.

“To be named this year’s Outstanding Military Contributor was a complete shock to me; I can think of at least a dozen more individuals who are more deserving of this recognition,” said Nakasone, of the surprise honor.

According to colleagues, Nakasone is more than deserving of the accolades, and was nominated for her strong work ethic, leadership skills and diligence in coordinating and supporting both military and school events since becoming a school liaison officer with the Army in 2009.

“Her dedication to enhancing the education of military children in Hawaii is unparalleled,” said Tamsin Keone, Army School Liaison officer, and last year’s JVEF Outstanding Military Contributor.

“She is deserving of the honor because of her commitment to the Partnerships and Collaboration Committee, in which she manages 16 active Army and (Department of Education) partnerships,” Keone continued. “She has spent countless hours ensuring that her partnerships are active and that the funds allocated for these schools are administered and executed in a manner that supports the intent of the School Partnership Program.”

“Being recognized for the work that I do with JVEF and the military community is more about our Army community than it is about me,” Nakasone said. “It’s truly an honor for me to serve those who serve our country.”



Wendy Nakasone accepts the Outstanding Military Contributor award from Col. Jaimie Pease, director of manpower and personnel, U.S. Pacific Command.

599th vols awarded for helping Wheeler Elem.

Story and photo by
DONNA KLAPAKIS
599th Transportation Brigade Public Affairs

KAPOLEI — Two 599th Transportation Brigade personnel were recognized for their volunteer efforts, Aug. 29, at the Joint Venture Education Forum’s annual meeting at the Ray and Joan Kroc Corps Community Center.

Ronn Nozoe, deputy superintendent of the Hawaii Department of Education, presented Sgt. 1st Class Joanene Lassiter, human resources specialist, and Charity Wampler, information technology specialist, with certificates of appreciation for their work with Wheeler Elementary School, the brigade’s partnership school.

Maj. Gen. Anthony Crutchfield, U.S. Pacific Command chief of staff, also presented them with coins.

Lassiter said that she appreciated a chance to work with the children.

“Anything that a person can give back to kids is a reward in itself,” Lassiter said. “Children look up to the volunteers, and we are able to give them the feeling that people really do care.”

Wampler agreed.

“Even the smallest thing that we do for children to help them, we don’t know what effect that will



Sgt. 1st Class Joanene Lassiter, human resources specialist, 599th Trans. Bde., reads to children at Wheeler Elementary School, during Read Across America Day, March 1. Lassiter was recognized for her efforts at the annual Joint Venture Education Forum, Aug. 29.

have. We don’t know what is going on in their lives — whether their parents are deployed or how they are doing. Just seeing their faces light up when we come in also gives us joy,” Wampler said.

Although the 599th Trans. Bde. is a relative

newcomer, it has built a firm relationship with its assigned school during the two years they have worked together. In that time, it has never turned down a call for volunteers.

Some of the jobs the volunteers have performed are cleaning and painting the playground, reading to children, monitoring testing and helping with book fairs and the school carnival.

Rema Eltringham, Wheeler Elementary School parent community networking center facilitator, is the unit’s liaison with the school. She said the school is grateful for the help 599th Trans. Bde. volunteers provide.

“I love your volunteers. Not only are they enthusiastic and happy when they come here, they are always dependable and on time. We appreciate them so much,” Eltringham said.

The 599th is a subordinate command of Military Surface Deployment and Distribution command.

599th Trans. Bde. Certificates of Appreciation

- Sgt. 1st Class Joanene Lassiter
- Charity Wampler

2nd SBCT Soldiers recognized for work with local schools

Story and photo by
STAFF SGT. SEAN EVERETTE
2nd Stryker Brigade Combat Team Public Affairs
25th Infantry Division

KAPOLEI — In a ceremony at the Kroc Center, four 2nd Stryker Brigade Combat Team Soldiers were recognized by the Joint Venture Education Forum for their work with the School Partnership Program, Aug. 29.

JVEF is a cooperative venture between U.S. Pacific Command and the Hawaii Department of Education to promote interaction between the military and state educators.

The School Partnership Program is a part of this venture and is how the Army is able to reach out to the community to give a helping hand to area schools.

“I think it’s a mutually beneficial opportunity for the military as well as the students,” said 1st Lt. Cody Inman, one of the Soldiers

recognized. “(For) the students, it really does brighten their day when we show up and they see that other people, aside from their parents and the teachers, care about them. And also, I think it’s great for our Soldiers to go down there and see how much they’re appreciated.”

1st Lt. Bryce Land, also recognized, said he believes the work they do with the kids is what really matters.

“The recognition isn’t the important part,” he said. “What we do with the schools is important. Seeing the kids smile and their reaction is generally recognition enough. This is just kind of a bonus.”

When asked why he volunteers, 1st Lt. Tim McCracken looked to his past for the answer.

“The military had a positive impact on me when I was growing up,” he said. “I’m paying it forward to these children. I think you make the biggest changes by affecting the children now, because they’ll go back to their communities knowing the military is here to make a difference.”

The new school year started recently, and all of the volunteers have been talking to their respective schools about what they’ll be partnering on in the coming months. Reading programs, area beautification, award ceremonies and many other activities are all parts of the plan.

One thing that isn’t part of the plan for 2nd SBCT’s school vol-

unteers is waiting.

“The biggest thing is getting out there,” said McCracken. “Be more proactive than reactive with the schools. They’re always planning events. Don’t wait for them to call you, because they’re always planning stuff.”



Lisa Mackey congratulates 1st Lt. Bryce Land (left) and 1st Lt. Cody Inman after being recognized for their volunteer efforts with local schools.

2nd SBCT Certificates of Appreciation

- Chief Warrant Officer 2 Glenn Butler, 2nd Bn., 11th FA Regt.
- 1st Lt. Cody Inman, 2nd Sqdn., 14th Cav. Regt.
- 1st Lt. Bryce Land, 2nd Sqdn., 14th Cav. Regt
- 1st Lt. Tim McCracken, 1st Bn., 14th Inf. Regt.



The U.S. Army Research, Development and Engineering Command launches a new technology magazine available as a public download. (Photo by David Kamm, U.S. Army Natick Soldier Research, Development and Engineering Center)

Army intro’s new tech mag

ARMY NEWS SERVICE
U.S. Army Research, Development and Engineering Command Public Affairs

ABERDEEN PROVING GROUND, Md. — A new publication featuring science, technology and engineering advances across the U.S. Army is now available.

The U.S. Army Research, Development and Engineering Command, or RDECOM, launched the bimonthly magazine to educate and inform Soldiers, civilians and their families about new solutions being worked at its research centers and laboratories.

The premier issue focuses on Soldier Protection initiatives. An exclusive interview with Brig. Gen. Paul A. Ostrowski highlights Program Executive Office-Soldier’s role in getting new technology to Soldiers.

“We hope to make people aware that Army researchers and engineers are a national asset pushing forward the edge of scientific knowledge every day,” said Joseph Ferrare, RDECOM spokesman.

Future issues will discuss cybersecurity, power and energy, strategic partnerships, future Soldier concepts, lethality and robotics.

The magazine is available as an electronic download or print publication. “Army Technology Magazine” is an authorized, unofficial publication under AR 360-1, for all members of the Department of Defense and the general public.



Traffic Alerts report closed roads, limited routes and construction detours from Army and state advisories received by press time.

For the complete list of traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm.

Unless otherwise noted, all phone numbers are 808 area code.

Today
Alimanu Closure — Lane

closures that began Monday are implemented weekdays on Alimanu Drive between Kukui Drive and Hibiscus Street, and on Kukui Drive near Halawa View Loop, 8:30 a.m.-3:30 p.m. The closures are expected until Oct. 18.

Through traffic will be maintained with flagmen controlling traffic for alternating flow. The lane closures are necessary for the contractor on the Hibiscus neighborhood housing project to perform required communications line installation work. Call 655-7393.

7 / Saturday
East Range — Traffic detector loops will be installed in the Higgins Road outbound lane. There will be no through traffic from Higgins to Wheeler.

Traffic exiting Higgins Road will be a right turn only. Access to driveways on Higgins Road will

be available at all times. Call 656-2532.

9 / Monday
Schofield — A full road closure of Lyman Road between Carpenter and Maili streets begins Sept. 9 and will conclude Nov. 2. This road closure is phase 4 of five phases. Information on the 5th phase will be published at a later date.

Local access to the large vehicle/overflow lot will be provided from Maili Street. A walkway/jogging path will be maintained along Lyman Road during this phase.

Please follow the posted signage and stay on the marked path.

Shafter — There will be a 24-hour road closure starting from the northeast end of Rice Drive onto Rice Loop, until Sept. 20. Call 351-1168.

civilian workforces and retirees; the latest operational procedures and services; and enhances MPD-S1 partnerships to provide better customer service.

Kindly respond with topics or issues you feel are relevant to your units for inclusion and discussion in the conference. Call 655-1653.

20 / Friday
Signal Ball — “Semaphores to Satellites, Global Professionals ... Guardians of the Grid,” Signal Regimental Ball takes place at the Hilton Hawaiian Village, 5 p.m. To purchase tickets, call 656-1723 or visit <https://einvitations.afit.edu/inv/anim.cfm?i=162557&k=0367400C7E50>.

27 / Friday
Job Fair — The Schofield Barracks Army Career & Alumni Program hosts a job fair, 9 a.m.-1 p.m., at the Soldier Support Center Lanai (Building 750). For details and a list of companies attending, visit www.garrison.hawaii.army.mil/acap/default.htm.

Ongoing
Survey — Take the U.S. Army



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today
Suicide Prevention — September is Suicide Prevention Month. The National Suicide Prevention Lifeline is a free, 24-hour crisis intervention hotline and on-line service provided by the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

The service is available to anyone in suicidal crisis or emotional distress, to include military members and their families, Guard and Reserve service members, Individual Ready Reserve and Individual Mobilization augmentees.

Credentialed consultants offer confidential support 24 hours a day, 7 days a week through phone or online consultation. Call 800-273-TALK (8255)) or visit www.suicidepreventionlifeline.org.

7 / Saturday
Fisher Run — Be at the Pacific Aviation Museum on Ford Island, 6 a.m., for the 8k Hero and Remembrance Fisher House Run, Walk or Roll. No cost to participate. Register at <http://triplerfisherhouse.eventbrite.com>.

11 / Wednesday
Facebook Town Hall — Participate in the quarterly online Facebook Town Hall, hosted by Col. Daniel Whitney, commander, U.S. Army Garrison-Hawaii, 1-2:30 p.m., at www.facebook.com/usaghawaii, under the Events tab.

13 / Friday
GIs and SIs — Today is the last day to reserve your seat for the 5th annual Military Personnel Division (MPD) G1/S1 Conference, 8:30 a.m.-4 p.m., Sept. 18, at the Nehelani. This conference provides administrative personnel an overview of the services offered to Soldiers, family members,

20 / Friday
Wheeler — There will be a 24-hour lane closure on Santos Dumont Avenue between Whiteman Road and Warhawk Street.

23 / Monday
Palm Circle — One lane of traffic in front of Building T-112 will be closed, making that roadway a single lane of traffic in the southwest-bound direction. The sidewalk will also be closed.

Rice Street — There will be a full road closure, 7 a.m.-5 p.m., along Rice Street between Herian Place and the Rice Street Bridge.

Phase 5 — During the night hours, the last phase of the work on Schofield’s East Range Higgins Road will take place for two nights, 6 p.m.-4:30 a.m. Call 656-2532.

Garrison-Hawaii customer survey. Your feedback will help improve services provided on all of Army Hawaii’s installations. Call 656-0880/0881, visit www.surveymonkey.com/s/2013_Community_Survey or scan the QR code below:



We Recycle

Did you know that when you recycle, the Garrison earns money?

Keep recycling!



WAIKIKI — Decorative floats ride through the streets of Waikiki as groups around the state celebrate the legacy of King Kamehameha during the annual parade held in his honor. (Photo courtesy Hawaii'i Tourism Authority)

Annual September events highlight Hawaiian culture

TRISHA KEHAULANI WATSON
Native Hawaiian Liaison Office
U.S. Army Garrison-Hawaii

Created in 1946 as Aloha Week, what is known today as Aloha Festivals has historically been a celebration of Hawai'i's music, dance and history that is intended to display these uniquely Hawaiian art forms to visitors. This year, the Aloha Festivals take place from Sept. 12-28. Aloha Week became Aloha Festivals in 1991, and now hundreds of volunteers labor together

each year to stage the events, which are attended statewide by nearly 100,000 people. The festivals are funded through the sale of Aloha Festivals ribbons and merchandise, as well as through corporate and private donations. According to Manu Boyd, celebrated Hawaiian songwriter and singer, the Royal Court is one of the most important and celebrated parts of the festival. "(The Royal Court) is assembled with great care order to honor the

ali'i (chiefs) of Hawai'i through public appearances in full, traditional regalia," said Boyd. "Floral parades, ho'olaule'a (festival) block parties, keiki (children) events and protocol ceremonies are among activities. "Overall, the festival celebrates aloha as a kama'aina (Native residents) way of life rather than a commodity," Boyd continued. "As an island community, we share all of this with malihini (visitors) who visit Hawai'i from throughout the world." The first of this year's Aloha Festivals on O'ahu begin Sept. 12 with the Royal Court Investiture on the Village Green of the Hilton Hawaiian Village, and end Sept. 28, with the Aloha Festivals Floral Parade, which moves

from Ala Moana Park, along Kalakaua Avenue to Kapi'olani

Park and features an equestrian procession of female and male pā'u riders. All events are free and open to the public. The theme of the 2013 Aloha Festivals is "Moana Nui Ākea: Celebrating Traditional Hawaiian Ocean Voyaging," in honor of the Polynesian Voyaging Society's 40th anniversary. Founded in 1973 by artist-historian Herb Kawainui Kāne, waterman Tommy Holmes and anthropologist Ben Finney, the Polynesian Voyaging Society has fostered the revival of the wa'a kaulua (double-hulled sailing canoe) and traditional non-instrument celestial navigation as taught by Master Navigator Mau Pailug.

Learn More
If you would like to learn more about the events offered as part of Aloha Festivals, visit www.alohafestivals.com.



WAIKIKI — Hula dancers and musicians atop an intricate floral float perform for spectators as they move along Kalakaua Avenue, here, during a past Aloha Festivals parade. (Photo courtesy Hawaii'i Tourism Authority)



WAIKIKI — More than 50 participating groups, including a colorful equestrian procession of pā'u units representing each of the major Hawaiian Islands, will participate in this year's 67th annual Aloha Festivals Floral Parade, Saturday, Sept. 28. (Photo courtesy Aloha Festivals) (Photo has been altered from its original form; background elements have been removed.)



WAIKIKI — The Royal High Court Investiture begins the Aloha Festivals. (Photo courtesy Hawaii'i Tourism Authority)



WAIKIKI — Members of the Royal Hawaiian Guard march down Kalakaua Avenue, here, during a past Aloha Festivals parade. (Photo courtesy Hawaii'i Tourism Authority)

2013 Aloha Festivals Calendar

Thursday, Sept. 12
2013 Royal Court Investiture
3 p.m., Hilton Hawaiian Village, Village Green
Traditional chant and hula highlight this annual event as the 2013 Ali'i receive their royal symbols of reign during investiture ceremonies. Free admission.

Thursday, Sept. 12
2013 Opening Ceremony
5 p.m., Royal Hawaiian Center, Royal Grove
This ceremony marks the official beginning of the 2013 Aloha Festivals event on O'ahu. Traditional hula and chant introduce the Royal Court on the grounds of the Royal Hawaiian Center's Royal Grove. Free admission.

Saturday, Sept. 21
7 p.m., Waikiki Ho'olaule'a
On Kalakaua Avenue between Lewers & Kapahulu avenues
Celebrating its 61st year, the largest block party will kick off with the arrival of the Royal Court. Multiple stages of entertainment, lots of food, lei vendors and Hawaiian crafters will be spread along the world famous Kalakaua Avenue. Free admission.

Saturday, Sept. 28
9 a.m., 2013 Aloha Festivals Floral Parade
From Ala Moana Park, along Kalakaua Avenue to Kapi'olani Park
A colorful equestrian procession of female and male pā'u riders, extravagant floats with cascades of Hawaiian flowers. Hula Hālau and marching bands will brighten Kalakaua Avenue from Ala Moana Park to Kapi'olani Park. This event is a "must see." Free admission.
Visit CHANNEL808.com's recording of the 2012 parade.



Briefs
Today

MWR Operation Rising Star — Registration is underway now until Oct. 4, at the Nehelani or online at www.himwr.com, for the individual singing competition to be held at the SB Nehelani, in October. Competition is open to active duty, Reserve, National Guard or military family members, 18 years of age and older with a valid DOD ID card. Call 655-4466. (See page B-4 for more.)

7 / Saturday

Ladies Golf Clinic — Ladies can experience a free 30-minute golf lesson, Leilehua Golf Course, from PGA professionals. By appointment only, call 655-4653.

8 / Sunday

NFL Sundays — Tropics Warrior Zone offers all the NFL games, starting Sept. 8. Facility opens half hour before the first game starts. Tropics will also be open for Thursday Night Football, beginning Sept. 5, and Monday Night Football, beginning Sept. 9. Patrons 18 and older welcome; call 655-5698.

15 / Sunday

Sunday Brunch — Enjoy Sunday brunch, 10 a.m.-1 p.m., at FS Mulligan's Bar & Grill. Call 438-1974.

16 / Monday

Mongolian Barbecue — Select your favorites from a large variety of meats and vegetables, 5 p.m., every Monday at Kolekole Bar and Grill, and grilling will be to your liking. Cost is 65 cents for each ounce. Call 655-4466.

Workweek Lunch — SB Kolekole Bar and Grill (655-4466) and FS Mulligan's Bar & Grill (438-1974) offer daily lunch from 11 a.m.-1 p.m. Enjoy buffet style or menu items.

17 / Tuesday

FS Preschool Story Time — Take your toddlers to the library; different theme and story each week at 10 a.m., every Tuesday.

Taco Tuesday Night — SB Kolekole Bar & Grill offers three tacos,



University of Hawaii Warriors linebackers Kamalani Alo (47) and T.J. Taimatuia (3) lead the Hawaii football team in a "haka" before the start of a 2012 game against the Nevada Wolf Pack at Aloha Stadium. The university Athletic Department is offering military members 50 percent off selected tickets during 2013-14 season UH athletic events. (Photo by Marco Garcia, US PRESSWIRE)

UH offers military discount

UNIVERSITY OF HAWAII ATHLETICS
News Release

HONOLULU — Active duty military, DOD civilians, reservists and retired members of the military will receive 50 percent off select adult tickets (eight maximum) to all University of Hawaii at Manoa regular-season, home sporting events (football, women's volleyball, men's basketball, women's basketball, men's volleyball and baseball) during the 2013-14 seasons. A valid military identification card is required when purchasing tickets at Aloha Stadium (football games),

the Stan Sheriff Center (basketball and volleyball contests) and Les Murakami Stadium (baseball games). Tickets are in special sections and supplies are limited. Other restrictions may apply.

Online

To learn what sections are offered for the 50 percent discount promotion, visit www.hawaiiathletics.com/sports/2013/8/26/GEN_0826133544.aspx. For more details, visit www.HawaiiAthletics.com.

rice and beans specials for \$4.99. Call 655-4466.

8-Ball Pool Tournament — Join this popular weekly competition, starting at 6 p.m., Tuesdays, at Tropics Warrior Zone, SB. Best two out of three plays for the champion title on the last Tuesday of the month. Free to play. Call 655-5698.

18 / Wednesday

Sgt. Yano Library — Catch Preschool Story Time at the SB library, 10 a.m., each Wednesday. Features a different theme and story. Call 655-4707.

BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call Spc. Jennifer Coggins, BOSS president, 655-1130. Attend these meetings:

•North meetings, 2 p.m., 1st and 3rd Wednesday, Tropics Warrior Zone.
•South meetings, 11 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

Keiki Night — Every Wednesday night is Keiki Night, 5-8 p.m., at Kolekole Bar & Grill (SB, 655-4466) and Mulligan's Bar & Grill (FS, 438-1974). Kids under 10 eat for a special price from the keiki menu.

19 / Thursday

Clay Hand Building Workshop — Learn to work with clay from the experts at the SB Arts and Crafts Center, 1-3 p.m., Thursdays. Initial session is \$25; additional sessions are \$5. Call 655-4202 for preregistration.

Tropics Poker Tournament — Texas Hold'em poker, 6 p.m., at Tropics Warrior Zone, SB, every Thursday. The free weekly tournament is open to all ID cardholders, 18 and older. Call 655-5698.

20 / Friday

Pau Hana Social Hour — Kolekole Bar & Grill hosts an after-work fun time, 4:30-6:30 p.m., Monday-Wednesday, and 4-6 p.m., Thursday-Friday. Enjoy discounted appetizers and domestic draft beverages. Call 655-4466.

27 / Friday

Hawaiian Luau Lunch Buffet — SB Kolekole Bar & Grill (655-4466) and FS Mulligan's Bar & Grill (438-1974) host local style food, 11 a.m.-1 p.m., every last Friday of the month, for \$14.95.

Ongoing

SKIES Unlimited Driver's Education — New program is \$381; military receive a 5 percent discount. Earn additional savings by referring a friend to the same class to get \$25 off. Call 655-9818.

28 / Saturday

Aloha Festivals — Floral parade, 9 a.m., from Ala Moana Park to Kapiolani Park.

Ongoing

Preparedness — Hurricane season in the Pacific Region is June 1-Nov. 30. The Army encourages all personnel to maintain a level of readiness. If directed to move to a safe haven, on-post residents should already know where their safe havens are located. Print the list and maps from www.garrison.hawaii.army.mil/dptms/SafeHaven2013.pdf or www.slideshare.net/usaghawaii/safe-havenson-post. Keep a copy of this information in your emergency supply kit for quick access, and bring this kit with you to the safe haven. If you live off post, move to a safe haven in your local community, if directed. This information can be found in local phone books or at www.scd.hawaii.gov/index.html.

Military Order of the Purple Heart — Are you on active duty or a veteran who has been wounded in combat? Have you been awarded a Purple Heart for those wounds? If so, you are invited to join the Military Order of the Purple Heart. The Oahu chapter meets the second Saturday of every month. Visit www.purpleheart.org.

21 / Saturday
Bishop Museum — Grand unveiling of the Pacific Hall, 9 a.m.-9 p.m., Bishop Museum, 1525 Bernice St. features an all-day celebration of Pacific food, fashion, films, lectures, art, music, dance, poetry and prose. Free admission. Visit www.bishopmuseum.org.

Aloha Festivals — Waikiki Ho'olaule'a begins at 7 p.m. along Kalakaua Avenue and features multiple stages of entertainment, food and lei vendors. Free admission.

Honolulu's "Never Forget 9/11/01" Walk of Remembrance begins with a short ceremony, 4 p.m., at Honolulu Police Headquarters, and continues with a walk to Honolulu Hale (city hall) grounds for a short memorial. Call 768-6622 or email mkelai1@honolulu.gov. The Mayors Walk follows at 5 p.m.

The Balanced Warrior — A course for single Soldiers, 5:30 p.m., Wednesdays. Child care and dinner provided. Sign up at the chaplain's office or write laura.l.champagne.mil@mail.mil.

12 / Thursday

Aloha Festivals — Royal Court investiture opens weekend of activities, 3 p.m., Hilton Hawaiian Village, with traditional chant and hula. Opening ceremonies follow at 5 p.m. at the Royal Hawaiian Center.

14 / Saturday

Recovery Walk — The 5k run event features a two-hour Zumbathon and picnic. Run begins 7:30 a.m., Sept. 14, Kapiolani Park, and raises funds for organizations that fight drug and alcohol addictions. Call 236-2600 or email recoverywalk@hinamauka.org or visit www.recoverywalkhawaii.org.

17 / Tuesday

Alzheimer's Care — Free training workshop, 6 p.m., Sept. 16 at the Home Instead Senior Care Office, 1600 Kapiolani Blvd., Suite 212, as

community
Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

7 / Saturday

Fisher Run — Be at the Pacific Aviation Museum on Ford Island, 6 a.m., for the 8k Hero and Remembrance Fisher House Run, Walk or Roll. No cost to participate. Register at <http://triplerfisherhouse.eventbrite.com>.

8 / Sunday

The Hawaii Food & Wine Festival — Fourteen world-renowned chefs, 6-9 p.m., Sept. 8, will create a culinary tour of ethnic foods from around the world using local produce and products on the lagoon fronting Aulani, Ko Olina Resort. Tickets start at \$200 per person. Call 738-6245 or write info@hawaiifoodandwinefestival.com.

11 / Wednesday

USAG-HI Facebook Town Hall — Attend the quarterly online Facebook Town Hall, hosted by Col. Daniel Whitney, commander, USAG-HI, 1-2:30 p.m., Sept. 11, at www.facebook.com/usaghawaii, under the "Events" tab.

Remembrance Walk — City of

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

worship
Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)
AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers' Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m. TAMC

Gospel Worship

•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

Pagan (Wicca)

•Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

•Sunday Services
-8:45 a.m. at MPC
-9 a.m., at FD, TAMC chapel
-10 a.m. at HMR
-10:30 a.m. at AMR
-10:45 a.m. at WAAF (Spanish language)
-11 a.m. at SC (Contemporary)
Liturgical (Lutheran/Anglican)
•Sunday, 9 a.m. at WAAF

This Week at the
MOVIES
Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafoes.com under realtime movie listing.



The Wolverine

(PG-13)
Fri., Sept. 6, 7 p.m.
Sat. Sept. 7, 6 p.m.
Thurs., Sept. 12, 7 p.m..

2 Guns

(R)
Sat., Sept. 7, 2 p.m.

Turbo

(PG)
Sun., Sept. 8, 1 p.m.

Despicable Me 2

(PG)
Sun., Sept. 8, 5 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

School surveys worth millions

SCHOOL LIAISON OFFICE
Child and Youth Support Services;
Directorate of Family and Morale,
Welfare and Recreation;
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — On Wednesday (Sept. 4), all Hawaii public school students brought home a federal survey card for their parents to complete and return to school the next day.

Completing that survey will mean funding money for Hawaii schools. Schools will receive federal impact aid based on the number of survey cards that are returned, so it is important to return this card immediately to your child’s school.

These survey cards determine the number of federally-connected students in the public school system and may determine funding from additional sources. Federally-connected students are those children whose parent(s) or legal guardian(s) reside and/or work on federal property.

- The law recognizes the following as eligible:**
- Parents who both live and work on federal property;
 - Parents who are members of the uniformed services, but reside off the military base, including foreign military officers;
 - Parents who are civilian employees of the federal government or who work on federal property;
 - Parents who reside on federal property, but who work on taxable land;
 - Parents who live on an Indian trust or treaty land; and
 - Parents who reside in federal low-rent housing, not including Section 8 housing.

Research findings
Based on these criteria, data is collected from the survey cards and is delivered to the Federal Department of Education, which reimburses the



Shown here is an example of a federal survey card that went out for distribution statewide, Sept. 4, for eligible parents, including active duty service members whose children attend public school. (Photo by Kristen Wong, Marine Corps Base Hawaii, Kaneohe Bay, Public Affairs)

Hawaii DOE with impact aid for education of federally-connected students.

What’s impact aid used for?
Impact aid is intended to partially compensate the Hawaii DOE for the families of federally-connected students who pay less in taxes into the school district than local residents. The aid partially makes up for local tax losses resulting from tax-free federal installations. For examples, people living on federal property do not pay local property tax. People who work for the military have the ability to shop for food and other items at a post exchange that does not charge sales tax. Therefore, the Hawaii school district loses not only property tax revenue, but also sales tax and licensing fees. Impact aid is used in areas in which the DOE most needs aid, as determined by the appointed school board. These funds can be used for teacher salaries, school programs, materials, equipment and supplies.

Hawaii’s public schools rely on federal impact aid as a significant part of the education budget. By filling out and returning the survey cards, parents are helping schools claim and benefit from their authorized share of federal support. Parents are encouraged to fill out and return surveys to schools promptly. Not responding or returning the federal survey cards could result in the loss of millions of dollars in federal funds that benefit both military and local communities. Every card that is not returned will result in lost revenues to Hawaii classrooms statewide. If you haven’t already done so, please return the completed card to your child’s school immediately.



U.S. Army Garrison-Hawaii Operation Rising Star finalists wave to the crowd at the Nehelani at the conclusion of the 2012 event. (Photo by Family and Morale, Welfare and Recreation Marketing)

‘Idol’ contest on tap

DIRECTORATE OF FAMILY AND MORALE, WELFARE AND RECREATION
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Morale, Welfare and Recreation’s Operation Rising Star registration is underway until Oct. 4, at the Nehelani, here. Prospective stars can also enroll online at www.himwr.com, for the individual singing competition to be held at the Nehelani in October. “We are very excited about our ninth season,” said Tim Higdon, executive producer of Operation Rising Star. “It’s this kind of Family and MWR programming that year after year provides fun, exciting and relevant entertainment for our Soldiers and their families.” Operation Rising Star is open to active duty military, National Guard and Reserve personnel and their 18-and-older family members. Competition will be held as follows:

- Round 1, Oct. 10, elimination round; sung a-cappella.
- Round 2, Oct. 17, semifinals.
- Round 3, Oct. 24, finals.

Similar to “American Idol” and other televised competitions, a panel of judges and an audience of their peers will judge participants. The local winner advances to the Armywide competition for the chance to win the “Ultimate

See Star B-5

Experts encourage greater cholesterol knowledge

WANA JIN
U.S. Army Public Health Command

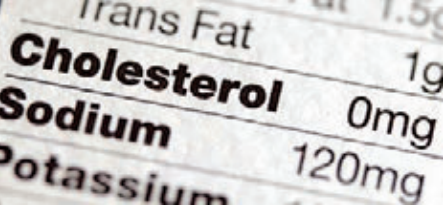
September marks the end of summer and back-to-school shopping, but did you know it's also National Cholesterol Education Month? Given the start of a new school year, what could be more fitting than a pop quiz? Don't worry, this quiz is open book, so you'll ace this exam.

Can you answer these three questions?

- 1) What is cholesterol?
- 2) How often should you get your cholesterol tested?
- 3) What can you do to lower your cholesterol?

Read on to find the answers.

What is cholesterol?
Cholesterol is a fatty, waxy substance naturally produced by your body. At the right levels, it plays an important role in keeping your body healthy. Unfortunately, at the wrong levels, cholesterol can lead to health problems, such as heart attack or stroke.



There are two types of cholesterol: high-density lipoprotein (HDL), the “good” type, and low-density lipoprotein (LDL), the “bad” type. High levels of the good HDL cholesterol help to prevent heart attacks. Too much of the bad LDL cholesterol can lead to a build-up of plaque along the inner wall of your arteries.

Plaque narrows arteries and limits the flow of blood.

According to the American Heart Association, more than 35 million American adults have very high levels of cholesterol, putting them at high risk for heart disease.

How often should you get your cholesterol tested?
Getting your cholesterol levels checked is an important part of staying healthy. The National Cholesterol Education Program recommends that adults over the age of 20 get checked every five years, usually through a simple blood test.

It's especially important to get tested regularly because you don't feel any pain or symptoms when you have high cholesterol. Talk to your primary care provider about the test that measures your cholesterol levels and when you should get your cholesterol checked.

What can you do to lower your cholesterol?
Lowering your cholesterol can decrease your risk of having a heart attack or stroke. You can start taking steps today to lower your cholesterol and improve your health.

- Eat a heart-healthy diet.* A heart-healthy diet includes low-fat and high-fiber foods. Eat foods such as fruits, vegetables, whole grains, lean meats and poultry, fish, beans and low-fat dairy products.
- Limit foods that contain high levels of saturated fat, trans fat or dietary cholesterol, such as fried foods, sausage, doughnuts and butter.
- Exercise at least 30 minutes most days of the week.* Adults should aim for 30 minutes of moderate intensity exercise, five days a

week. Moderate intensity exercise includes brisk walking, riding a bike, dancing or pushing a lawn mower.

- Stay tobacco free.* Smoking can lead to

many health problems, including damage to your blood vessels and hardening of the arteries. In addition, smoking lowers the good HDL cholesterol levels in your body.

Star: Installation contest set for Oct.

CONTINUED FROM B-4

Recording Music Experience” — to record a demo with studio professionals.

Local Operation Rising Star performers will receive \$500 for first place, \$250 for runner-up, along with a \$300 spirit award to encourage audience participation. The Army Installation Management Command’s program aims to showcase Soldiers and their family members’ singing talents on stage and on the Internet. Past shows have been tele-

Online
Register online at www.himwr.com.

vised by The Pentagon Channel.

“Operation Rising Star is a unique opportunity for the talent in our Army family to be shared with a worldwide audience,” Higdon said.

(Editor’s note: USAG-HI DFMWR and IMCOM contributed to the story.)